

**GETTING  
READY  
4 YOUR  
M8D8**



**MAY 8 M8D8**

# BE READY

Are you relaxed and in a good headspace?

Are you willing to genuinely listen without judgement?

Can you give as much time as needed?

Pick the best spot: private and informal.  
Mates talk better when they're doing something together.



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# PREPARE FOR YOUR D8

Remember that you won't have all the answers.

Just listening is one of the most important things you can do.

If someone is talking about a personal struggle, they might be emotional, embarrassed or upset.